



# California Avocado Super Summer Wrap

**Prep time:** 15 minutes

**Makes:** 4 Servings

Fresh avocado doubles for dressing and filling complementing blueberries, carrots, arugula and chicken in this appetizing summer wrap.

## Ingredients

**1** ripe avocado (seeded, peeled, and cut into chunks)

**1/2 cup** plain nonfat Greek yogurt

**1 teaspoon** lime juice

**1/2 cup** blueberries

**1/2 cup** carrots (grated)

**1/4 cup** red onion (chopped)

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>389</b>
<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	3 g
Cholesterol	75 mg
<b>Sodium</b>	<b>370 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	7 g
Total Sugars	6 g
Added Sugars included	0 g
<b>Protein</b>	<b>35 g</b>
Vitamin D	0 mg
Calcium	153 mg
Iron	3 mg
Potassium	587 mg

N/A - data is not available

## MyPlate Food Groups

	Fruits	1/4 cup
	Vegetables	3/4 cup
	Grains	2 ounces
	Protein Foods	3 ounces
	Dairy	1/4 cup

**2 cups** fresh arugula (chopped)

**12 ounces** cooked chicken breast (cubed)

**4** 8" whole wheat tortillas

## Directions

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortilla with 1/4 of filling mixture.
4. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

**Source:** Produce for Better Health Foundation